



To sign up or for more  
information about program  
locations and dates, contact:

Lt. Governor's Office on Aging  
[www.aging.sc.gov](http://www.aging.sc.gov)

S.C. Department of Health and  
Environmental Control  
[www.scdhec.gov/arthritis](http://www.scdhec.gov/arthritis)

*Funded by the Administration on Aging.*



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**A Matter of Balance** participants  
showed improvements in the  
following:

- Knowledge about how to prevent a fall
- What to do if a fall occurs
- Understanding the value of exercise
- Becoming more active
- More likely to participate in social activities

**It's Never Too Late  
To Make Changes.**

**Sign-up For  
A Matter Of Balance!**



## A Falls Prevention Workshop



*Move with  
confidence, not fear!*

Many older adults have a fear of falling and limit their activities.

## A Matter of Balance

### Managing Concerns About Falls

- Control your fear of falling
- Set goals to increase activity
- Make changes at home to prevent falls
- Become more active

## A Matter of Balance Workshop:

- 8 sessions, two hours each
- Small group support
- Led by trained volunteers



*"...I'm more mobile than I had been and plan to continue these exercises. Hopefully, I'll be jumping over the moon - soon!"*



### Designed to benefit older adults who:

- Are concerned about falls
- Had a fall in the past
- Limit activities because of concerns about falling
- Are interested in improving flexibility, balance and strength



*"A Matter of Balance was most helpful – it made me more aware of what can be done to assure safety at home."*